COMMUNITY

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Hope for the Holidays !!!

EL CENTRAL HISPANIC NEWS

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SPORTS

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Lions Defeat Bears!

Una liga propia: El equipo de Hockey para niñas celebra su vigésimo aniversario

Por Eric Guzmán

En el invierno de 2000, el oficial Robert Ayala recibió una llamada de su comandante, Catherine García-Lindstrom, él se desempeñaba como oficial de policía comunitario de la comisaría 3 de Detroit; la petición fue para que el oficial ayudara a solucionar un problema de registro entre Clark Park Coalition y USA Hockey, que es la organización nacional de hockey sobre hielo de los Estados Unidos.

Ayala conocía la comunidad de hockey local, pues sus hijos practicaban Hockey, jugaban en diferentes clubes y él se desempeñaba como presidente de la Asociación de Hockey de Ecorse. Intervino y ayudó a resolver la confusión e inmediatamente se le pidió que se quedara y ayudara a renovar el nuevo programa de Clark Park. Él lo hizo. Y desde que acudió en ayuda de Clark Park, ese día hace 20 años, Ayala se ha desempeñado como entrenador en jefe del equipo de la división Bantam y director de la liga de Hockey Femenino de Clark Park.

La liga se introdujo por primera vez durante la temporada 2002-03 en un esfuerzo por involucrar a las niñas de la comunidad en el deporte. Chais Plascencia es una ex jugadora de Hockey de Clark Park, vivía a una cuadra de Clark Park, y cuando era pequeña siempre pasaba tiempo allí y ahora está orgullosa de decir que su hija Rosalía es parte de la liga.

"Probablemente sea una de las mejores experiencias que puedas tener", dijo Plascencia. "Sí, hay otros programas fuera de Detroit a los que podría llevar a mi hija, pero es la diversidad que hay en éste, y ella tiene la humildad de saber que está obteniendo este valor agregado en el vecindario en el que vive".

Continúa en la pág.2

A League of Its Own: Clark Park Girls' Hockey Celebrates its 20th Anniversary

Clark Park Sharks girls' hockey team
Photo by Alejandro Ugalde- Kopalli Media

By Eric Guzmán

In the winter of 2000, officer Robert Ayala was serving as a community police officer at Detroit's Third Precinct when he got a call from his commander, Catherine Garcia -Lindstrom. She wanted to see if Ayala could help troubleshoot a registration problem between Clark Park Coalition and USA Hockey, the national ice hockey organization in the United States.

Ayala knew about the local hockey community. He was a hockey dad, his kids played at different clubs and he served as president of the Ecorse Hockey Association. He stepped in and helped sort out the confusion and was immediately asked to stay on and help revamp Clark Park's new program. He did. And since coming to the aid of Clark Park, that day 20 years ago, Ayala has served as head coach of the Bantam division team and director for the Clark Park girls' hockey league.

cont on pg.2

Bank of America Announces Applications Available for 2023 Student Leaders Program

Metro Detroit high school juniors and seniors encouraged to apply for a rewarding paid summer internship

Bank of America is now accepting applications for the 2023 Student Leaders® program through January 13, 2023. For metro Detroit students interested in a rewarding summer internship, with a passion for community engagement, this summer initiative is a great opportunity.

The Student Leaders program is part of the bank's ongoing commitment to recognize youth who lead and serve in their communities and beyond, connecting young people with the tools and resources inspiring them to make a positive difference.

"Investing in youth employment and our future leaders is the goal of our Student Leaders program," said Matt Elliott, President, Bank of America Michigan. "Participants come from diverse backgrounds, which along with the program's curriculum, provides our Student Leaders with an enhanced learning experience to further develop their leadership skills and make a difference in their communities."

Each year, the program connects more than 300 high school juniors and seniors from nearly 100 communities to employment, skills development and service. Student Leaders will have paid summer jobs at a local nonprofit organization, will participate in a leadership summit in Washington, D. C., and will learn financial skills through Bank of America's Better Money Habits®.

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$25,000 Awards for Metro Detroit Literary and Visual Artists

Metro Detroit artists working in literary arts and visual arts are invited to apply online for a 2023 Kresge Artist Fellowship before applications close Jan. 19 at 11:59 p.m.

Kresge Arts in Detroit will award 20 fellowships and 10 Gilda Awards to artists of all career stages living and working in Wayne, Oakland, and Macomb counties. The Kresge Foundation-funded awards to individual artists are administered by the Kresge Arts in Detroit office of College for Creative Studies.

Kresge Artist Fellowships are $25,000 no-strings-attached awards which come with a year of professional development support including workshops, mentorship and promotion (for example, inclusion in a Michigan Emmy Award-winning film series, like this set from 2021). Gilda Awards are unrestricted $5,000 awards that come with most of the professional development

KRESGE ARTS IN DETROIT
2023
Kresge Artist Fellowships
$25,000 AWARDS
FOR METRO DETROIT LITERARY AND VISUAL ARTISTS
Featuring work by Kresge Artist Fellows, Mary Jo Firth Gillett (poem) and Brian Day (photo).

opportunities available to fellows.

Since 2008, Kresge Arts in Detroit has awarded more than $6.66 million directly to artists in three counties through 258 Kresge Artist Fellowships and 42 Gilda Awards. (An additional $700,000 has been distributed to 14 Kresge Eminent Artists, a lifetime achievement award which is not application-based.)

Kresge Artist Fellows are selected on the basis of a demonstrated track record of artistic achievement and high quality work and, to a lesser extent, the potential to grow and advance in their artistic career, and the potential to reflect, enhance, or impact communities within metro Detroit.

Gilda Awards recognize early-career artists who are gaining momentum and who demonstrate exceptional potential through creative risk-taking and pushing the boundaries of their chosen art form.

cont on pg.3

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Clark Park Girls' Hockey

Photos by Alejandro Ugalde- Kopalli Media

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The league was first introduced during the 2002-03 season in an effort to get girls from the community involved in the sport. Chais Plascencia is a former Clark Park hockey player. She lived a block away from Clark Park, and as a kid always spent time there. She's proud to say that her daughter Rosalia is now part of the league.

"It's probably one of the best experiences you can get," Plascencia said. "Yes there are other programs outside of Detroit I could take my daughter to, but it's the diversity of different kids that are in it, and her having the humility of knowing she's getting this from the neighborhood she lives in."

When Robert Ayala first got involved with the program some two decades ago, there was very little funding for girls' hockey.

"For those who are well-to-do, this is their sport," Ayala said. "If you live in Trenton, Novi, Farmington Hills, you can afford to play hockey. Economically, you can't afford it here."

Ayala says playing Hockey can cost up to $300 a month. Determined to raise funds for the new hockey program, Ayala reached out to local businesses such as Xochimilco Restaurant, Taqueria El Nacimiento, and Ryan's Foods for sponsorship. Later Ideal Steel and nonprofits such as SER Metro purchased new jerseys for the girls' team.

"If you ask the community to help, they will help," Ayala said. The newer equipment is funded through grants from USA Hockey, while used equipment is donation based from various sources.

The girls' hockey league has become so popular that they now have different divisions, such as the Minnie Mites, Mites, Pee-Wee, and Bantam. The divisions are determined by age groups.

Chais Plascencia reflects on some of the things that have changed since she was skating for the team.

"Obviously equipment is better," Plascencia said. "There are more donations and I feel that there's more parent involvement."

As a mother, Plascencia believes that the hockey team brings a lot of value to the kids. She believes the team helps the young girls learn how to play the sport, and how to protect themselves both on and off the ice.

Playing hockey helps children build confidence, teaches persistence, increases physical literacy, builds mental agility, and helps build social skills according to USA Hockey.

As a former player, she expressed her gratitude toward the league which she says helps keep young girls out of trouble and teaches them how to create lasting relationships, something that seems to be a generational tradition from the league.

"I have a lot of people I grew up with, younger and older, who bring their kids to the park," Plascencia said. "It's good to rekindle and reminisce."

The rink is a community gem. Filmmaker Troy Anderson has been filming a documentary about Clark Park Hockey. He writes that "the hard work of this Mexicantown community has resulted in the preservation of Southeastern Michigan's only full regulation outdoor ice rink and sustained the tradition of playing hockey outside in Detroit."

Two decades in, Clark Park Hockey is stronger than ever. Ayala believes this program keeps kids focused and out of trouble at an early age.

Ayala says he's seen former players grow into strong individuals including Hillary Valenzuela, a Western High School student, who he believes the girls' hockey team helped with her life goals.

"You could see her movement in the right direction in life," Ayala said.

The girls' hockey team will celebrate their 20th anniversary with their season starting Jan. 2, and will go through March 16.

Con't de pg. 1

Cuando Robert Ayala se involucró por primera vez en el programa hace unas dos décadas, había muy pocos fondos para el Hockey femenino. "Para aquellos que son ricos, este es su deporte", dijo Ayala. "Si vives en Trenton, Novi, Farmington Hills, puedes permitirte jugar al Hockey. Realmente no te lo puedes costear aquí". Ayala dice que jugar Hockey puede costar hasta $300 al mes.

Decidido a recaudar fondos para el nuevo programa de Hockey, Ayala se acercó a empresas locales como Xochimilco, El Nacimiento y Ryan's Food para obtener patrocinio. Más tarde, Ideal Steel y organizaciones sin fines de lucro como SER Metro donaron los uniformes nuevos para el equipo femenino.

"Si le pides ayuda a la comunidad, te ayudará", dijo Ayala. El material y equipo nuevo se financia a través de subvenciones de USA Hockey, mientras que el equipo usado se subvenciona con donaciones de diversas fuentes.

La liga de Hockey Femenino se ha vuelto tan popular que ahora tienen diferentes divisiones, como Minnie Mites, Mites, Pee-Wee y Bantam. Las divisiones están determinadas por grupos de edad.

Chais Plascencia reflexiona sobre algunas de las cosas que han cambiado desde que jugaba para el equipo. "Obviamente actualmente el equipo es mejor; hay más donaciones y siento que hay más participación de los padres".

Como madre, Plascencia cree que el equipo de hockey aporta mucho valor a las niñas. Ella cree que el equipo ayuda a las jóvenes a aprender cómo jugar el deporte y cómo protegerse tanto dentro como fuera del hielo.

Jugar hockey ayuda a las niñas a desarrollar confianza, enseña perseverancia, incrementa la capacidad física, desarrolla agilidad mental y ayuda a desarrollar habilidades sociales según USA Hockey.

Como ex jugadora, expresó su gratitud hacia la liga que, según dice, ayuda a mantener a las jóvenes fuera de problemas y les enseña cómo crear relaciones duraderas, algo que parece ser una tradición generacional de la liga.

"Hay muchas personas con las que crecí, jóvenes y mayores, que traen a sus hijos al parque. Es bueno reavivar y recordar esos tiempos", dijo Plascencia.

La pista es una joya de la comunidad. El cineasta Troy Anderson ha estado filmando un documental sobre el equipo de Hockey de Clark Park. Él escribió que "el arduo trabajo de esta comunidad de Mexicantown ha resultado en la preservación de la única pista de hielo al aire libre de regulación completa del sureste de Michigan y ha mantenido la tradición de jugar Hockey al aire libre en Detroit".

Dos décadas después, el equipo de Hockey de Clark Park está más fuerte que nunca. Ayala cree que este programa mantiene a las niñas concentradas y alejadas de los problemas a temprana edad.

Ayala dice que ha visto a exjugadoras convertirse en personas fuertes, incluida Hillary Valenzuela, una estudiante de Western High School, a quien cree que el equipo de Hockey femenino le ha ayudado con sus metas en la vida.

"Puedes ver como se está conduciendo en la dirección correcta de la vida", dijo Ayala.

El equipo de Hockey Femenino celebrará su vigésimo aniversario con la temporada que comenzó el 2 de enero y terminará el 16 de marzo.

Kresge Fellowships

Con't from pg. 1

Artists apply for fellowships and Gilda Awards using the same online application: After supplying the information for a possible fellowship, applicants can indicate whether they would also like to be considered for a Gilda Award. Seeking the Gilda Award does not impact fellowship decisions. No candidate can receive both in a given year.

The total number of fellowships (20) and Gilda Awards (10) will be divided between the two categories — literary arts and visual arts — based on the relative number of applications received in each category.

Artists working in the following disciplines are eligible to apply:

VISUAL ARTS

This category focuses on book art, ceramics, collage, drawing, fiber, glass, installation, metalwork, new media, painting, photography, performance art, printmaking, sculpture, video art, interdisciplinary work.

LITERARY ARTS

This category focuses on arts criticism, creative nonfiction, fiction, graphic novels, playwriting, poetry, spoken word, zines, interdisciplinary work.

Jina B. Kim, literary scholar, writer, Smith College professor, and 2021 Literary Arts Panelist, recommends applicants, "Strive for clarity and cohesion both in the work and the application materials. Give us a clear picture of your vision and what you're all about."

"The process of applying for a Kresge Artist Fellowship helped me move through the passion, the muddle, the rejections toward clarity, toward a deeper understanding of what I do," said 2012 Literary Arts Fellow Mary Jo Firth Gillett about the application process. "In our naysaying world, to receive a Kresge Artist Fellowship is to hear a voice saying 'We see your talent. We value your art.' That's an enormous gift."

Kresge Artist Fellows and Gilda Award recipients are selected by independent panels of distinguished local and national artists and arts professionals. Previous applicants are strongly encouraged to reapply, as new panels — with fresh perspectives —are convened each year.

"The Kresge Artist Fellowship application process is extremely generative. By the time you're done, you've crafted an artist statement, community impact statement, biography, CV, and a portfolio of your strongest pieces. Those are the elements necessary to apply for any number of grant and funding opportunities in Michigan and nationally," says poet, storyteller and 2021 Kresge Artist Fellow Jeni De La O. Her advice to prospective applicants: "The Kresge name is well-recognized in academic and artistic circles and having it on your resume opens up doors. Even if you aren't selected, the process expands your network and exposes you to resources and opportunities you might not otherwise hear about. Go for it, you won't regret it."

Kresge Arts in Detroit staff will hold an online Q&A session for all applicants on January 12 from 5-6:30pm. While not required, applicants are encouraged to attend this session, which is designed to support artists in creating strong applications for a Kresge Artist Fellowship. Details on the Q&A session, complete guidelines, FAQs, the application portal and additional resources can be found at www.kresgeartsindetroit.org.

Further questions can be directed to admin@kresgeartsindetroit.org or by phone to 313-744-3204.

Gov. Whitmer to Deliver 2023 State of the State Address on January 25th

LANSING, Mich – Governor Gretchen Whitmer will deliver her fifth State of the State Address on Wednesday, January 25th. The address will be held in the Michigan House Chambers in front of a joint session of the Michigan House of Representatives and the Michigan Senate and broadcast live throughout the state.

"The State of the State address is an opportunity to talk about the issues that make a real difference in people's lives and focus on what we're going to get done this year," said Governor Whitmer. "I can't wait to share my vision for our state as we move towards our bright future, and lay out my plans to lower costs, bring supply chains and manufacturing home to Michigan, and ensure Michiganders have unparalleled economic opportunity and personal freedom."

During her 2023 State of the State address, Governor Whitmer will lay out her plans to tackle the challenges Michiganders are facing right now. Her proposals will lower costs, make Michigan more competitive, expand opportunity, and protect people's fundamental rights. Together, they represent the future and will move Michigan forward.

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Student Leaders Program

Con't from pg. 1

To become a Student Leader, students must be:

• A high school junior or senior in Wayne, Oakland or Macomb counties;

• Able to participate in an eight-week paid internship at a local nonprofit organization and work 35 hours a week;

• Legally authorized to work in the U.S. without sponsorship through the end of September 2023;

• Able to participate in a week-long Student Leaders Summit in Washington, D.C. (July 17 – July 24, 2023 with all expenses paid as part of their eight-week experience;

• A student in good standing at their school;

• Able to submit a letter of recommendation from a teacher, coach, guidance counselor or school administrator. (Students are encouraged to contact their recommender as soon as possible to provide them with the requirements listed at the end of the application. The letter must be submitted with your application by the application January 13 deadline or through the link by end of day on Monday, January 16.)

Prospective Student Leaders can apply online at www.bankofamerica.com/studentleaders

Gaston Munoz first Hispanic to be President of Detroit Association of Realtors

The Detroit Association of Realtors® (DAR) has elected Gaston Munoz as the 2023 President-Elect, becoming the first Latino president of this association.

This means that Gaston will work together with the directors of organizations such as Michigan Realtors® and the National Association of Realtors®, as well as with officials from the city of Detroit to promote benefits to those who want to become homeowners.

Detroit Association of Realtors® Is the oldest real estate association in the United States, with the objective of helping homeowners in Detroit have the same opportunities without distinction.

Currently, DAR helps anyone to learn how to find the best options when renting a property, as well as educate new home buyers.

Gastón Muñoz First Hispanic to be President of DAR Gaston has been a member of DAR for several years as he is a Licensed Broker by the state of Michigan. With this, its license and work are guided by a strict code of Ethics.

In 2021, Gastón Muñoz was invited to be part of the association's board as Director.

Carrying out activities such as the annual toy donation to the Children's Hospital of Michigan and the two Homearamas, where hundreds of Detroiters were helped to find a house to buy.

During the last meeting of the DAR committee, Gaston Munoz was appointed as President Elect, to represent the organization.

Gastón Muñoz primer Hispano en ser Presidente de DAR

La Asociación de Realtors® de Detroit ha elegido a Gastón Muñoz como el Presidente Electo 2023, convirtiéndose en el primer presidente latino de esta asociación.

Esto significa que Gastón trabajará en conjunto con los directores de organizaciones como Michigan Realtors® y la Asociación Nacional de Realtors®, así como también con directivos de la ciudad de Detroit para promover beneficios a aquellos que se quieran convertir en propietarios.

Detroit Association of Realtors® Es la asociación más antigua de Estados Unidos, con el objetivo de ayudar a que los propietarios de casas en Detroit tuvieran las mismas oportunidades sin distinción alguna.

Actualmente, DAR ayuda a que cualquier persona aprenda a conocer las mejores opciones al momento de alquilar una propiedad, así como educar a los nuevos compradores.

Gastón Muñoz Primer Hispano en ser Presidente de DAR Gastón forma parte de DAR desde hace varios años al ser un Broker Autorizado por el estado de Michigan. Con ello, su licencia y labor se guían por un estricto código de Ética.

En 2021, Gastón Muñoz fue invitado a formar parte del comité de la asociación como Director. Realizando actividades como la donación anual de juguetes al Hospital de Niños de Michigan y los dos Homearamas, donde se ayudó a cientos de Residentes de Detroit a encontrar una casa para comprar. Durante la última reunión del comité de DAR, se nombró a Gastón Muñoz como Presidente Electo, para representar a la organización.

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Special World's Cultures

Rosca de Reyes

Themed Rosca de Reyes

Year after year, on January 6, the kings day a beautiful tradition is celebrated among the Mexican and Latin American communities of the world, for some it is in the Kings Day when the gifts arrive and for others it is Christmas Day, but this is an irrelevant difference, when we consider that the most important thing is to share the bread with family and friends to find out who will be the lucky one to find the child in the Rosca de Reyes. It is said that previously the tradition of the Rosca de Reyes was a round bread, but in Mexico due to the large size of the families the Rosca de Reyes was lengthened so that each member of the family could reach a slice, which is generally a generous size with the desire that each slice could be thick enough to hide the child.

In each family or group of people, cutting the

Rosca de Reyes has some variations, since there are families that let everyone choose where they want to cut their piece from, while in others it is the next slice. The Rosca de Reyes is accompanied by a delicious hot chocolate and the excitement of whether or not the baby Jesus will be find by someone, because whoever gets it will be responsible for bringing the tamales for Candlemas Day on February 2nd. The relevance of finding the child is a symbol of abundance because this represents that the person has enough to share food with others. Occasions have been heard that people even had swallow the child in order to comply with the tamales, but it will definitely not be our case and less with the new news.

The last couple of years, the tradition of the Rosca de Reyes has had a series of updates in response to contemporary times, when we can find a Rosca de Reyes filled with chocolate, dulce de leche, crema de nata, jams, nuts, among other delights.

Likewise, instead of only finding plastic or ceramic baby Jesus and the Wise Kings, you can currently find themed Rosca de Reyes decorated according to contemporary films, and in these Rosca de Reyes you can find figures of their characters, whether from Star Wars, Toy Story, Spiderman , and the one that was most popular, Baby Yoda.

Mariana Ayón RV

Diles que lo viste en *EL CENTRAL*
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Hot Chocolate Recipe

The traditional drink to accompany the Rosca de Reyes is Hot Chocolate o Chocolate Caliente. Hot chocolate is a drink prepared from a chocolate tablet that is traditionally made with a paste that mixes roasted and ground cocoa beans, sugar, cinnamon, almonds and peanuts. It can be bought under the chocolate brands Abuelita, Ibarra or Rey Amargo, among others.

The preparation is simple, the milk is heated without letting it boil, the tablet is left to begin to melt. Once the milk is ready, the Chocolate molinillo stick is used to mix the melt tablet with milk; to make the molinillo work is needed to place the palms of the hand as if to clap and rub in movements from back to front, letting the stick to circle the mix until the chocolate and the milk are blend together. Once ready, it is served in their cups to accompany the Rosca de Reyes.

Although hot chocolate is an ancestral drink that dates back to the ancient Mesoamerican peoples, to whom the value of cocoa beans was the symbol of wealth, since it was the currency with which a large number of transactions were carried out. With the arrival of the Europeans in the American continent, and over the centuries, cocoa was displaced as a currency for gold.

Cocoa, also called the food of the gods, has achieved popularity throughout the world, being the sign of affection and pleasure among people, both at Christmas, birthdays, Valentine's Day and other celebrations, giving chocolates as a present is a symbol of gratitude, love, friendship.

ESPECIAL CULTURAS DEL MUNDO

Rosca de Reyes

Receta Chocolate caliente

La bebida tradicional para acompañar la rosca de reyes es el chocolate caliente. El chocolate caliente se prepara a partir de una tablilla de chocolate que tradicionalmente está elaborada con una pasta que mezcla Cacao tostado y molido, Azúcar, Canela, Almendras y Cacahuates. Se puede comprar bajo las marcas de chocolate Abuelita, Ibarra o Rey Amargo, entre otras.

La preparación es simple, se pone a calentar la leche sin dejar que hierva, se deja la tablilla a que comience a derretirse. Una vez que está la leche al punto se utiliza el Molinillo de Chocolate para derretir la tablilla con el rodillo, las palmas de la mano se colocan como si se fuera a aplaudir y se frota en movimientos de atrás hacia adelante dejando que dé círculos y se mezclen el chocolate con la leche. Una vez listo, se sirve en sus tazas para acompañar la Rosca de Reyes.

El chocolate caliente si bien es una bebida ancestral que data desde los antiguos pueblos mesoamericanos, para quienes el valor del cacao era el símbolo de riqueza, pues era la moneda con la que se llevaban a cabo gran cantidad de transacciones; con la llegada de los europeos al continente americano, y con el paso de los siglos, el cacao fue desplazado como moneda de cambio por el oro.

El cacao, también llamado alimento de los dioses, ha logrado una popularidad a lo largo y ancho del mundo, siendo la muestra de afecto y agrado entre las personas, pues tanto en navidad, como en los cumpleaños, día de San Valentín y otras celebraciones, regalar chocolates es un símbolo de gratitud, amor, amistad.

Rosca de reyes temática

Año con año el 6 de enero se celebra esta bonita tradición entre las comunidades mexicanas e hispanoamericanas del mundo, para algunos es el día de reyes el día en que llegan los regalos y para otros es el día de navidad, pero esta es una diferencia irrelevante cuando se considera que lo más importante es compartir en familia y amigos para saber quién será el afortunado de encontrar al niño en la rosca. Se dice que anteriormente la tradición de la rosca era un pan redondo, pero que en México debido a las grandes dimensiones de las familias la rosca se alargó para que cada miembro de la familia alcanzara una rebanada, que generalmente es de un generoso tamaño con el afán de que cada rebanada sea suficientemente gruesa para ocultar al niño.

En cada familia o grupo de personas cortar la rosca tiene unas variaciones, pues hay familias que dejan que cada quién escoja de dónde quiere cortar la rosca, mientras que en otras es la rebanada contigua. La rosca se acompaña de un rico chocolate caliente y la emoción por que toque o no el niño, pues a quien le salga será responsable de traer los tamales para el día de la candelaria el 2 de febrero. La relevancia de encontrar al niño es un símbolo de abundancia pues se tiene lo suficiente para compartir con los demás el alimento. Se ha escuchado ocasiones que personas incluso se pasan el niño con tal de cumplir con los tamales, pero definitivamente no será nuestro caso y menos con las nuevas novedades.

Desde hace un par de años, la tradición de la rosca de reyes ha tenido una serie de actualizaciones en respuesta a los tiempos contemporáneos, pues las roscas se pueden encontrar rellenas de chocolate, dulce de leche, crema de nata, mermeladas, frutos secos entre otras delicias.

Asimismo, en lugar de encontrar sólo niños y reyes magos de plástico o cerámica, actualmente se pueden encontrar roscas temáticas decoradas de acuerdo a películas contemporáneas y en las que se pueden encontrar figuras de sus personajes, ya fuera de Star Wars, Toy Story, Spiderman, entre otras.

Mariana Ayón RV

Sigue cada semana en **EL CENTRAL** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Michigan Central Inaugural Grant Recipients Announced

The Community Foundation for Southeast Michigan recently announced the inaugural round of Michigan Central/Church Street Community Impact Fund microgrants to support organizations that strengthen the Detroit neighborhoods of Corktown, North Corktown and Hubbard Richard.

The 2022 microgrants will promote neighborhood improvement activities on a variety of issues, including youth, arts, public spaces, economic development and housing. Projects this year range from providing barista job training for Latinx youth to funding a neighborhood street hockey league to creating a brick-and-metal art installation to beautify the community.

The Michigan Central/Church Street Community Impact Fund, which the Community Foundation manages, will continue to invest in community projects as the area grows and develops. The fund's value is expected to increase over time, providing support in perpetuity through microgrants totaling approximately $35,000 to $40,000 each year.

"These grants exemplify our flexibility in grantmaking and our commitment to ongoing community engagement," Community Foundation President Ric DeVore says. "It's vital for us to think about equitable opportunities for residents and to recognize the need for them to be able to continue to call their neighborhoods home as changes come to their community."

The Michigan Central Community Impact Fund was initiated with a $750,000 contribution from Michigan Central, a hub for advancing new technologies and programs that address barriers to greater social, economic and physical mobility.

"Detroit's entrepreneurs, local businesses and community partners are essential to Michigan Central's mission to strengthen the city's existing fabric of community and electrify its economy," says Clarinda Barnett-Harrison, Director of Skills at Michigan Central. "We look forward to seeing the impact the inaugural grantees continue to make on improving our neighborhoods."

Separately, but alongside the Michigan Central endowment, developer Oxford Perennial provided an additional $100,000 to support community organizations in the area and establish the Church Street Fund. It has a narrower geographic focus but will make grants through the same process as the Michigan Central Community Impact Fund.

The Michigan Central/Church Street Community Impact Fund was created in response to the requests of the Neighborhood Advisory Councils through the city of Detroit's Community Benefits Ordinance process. This ordinance requires development projects that meet certain thresholds and utilize public incentives to seek community input and provide financial benefits to impacted areas.

Throughout the 2022 grant cycle, the Community Foundation participated in meetings hosted by the City of Detroit and Neighborhood Advisory Councils to engage and involve the community in the grantmaking process.

"These grants are proof of Michigan Central and the Community Foundation for Southeast Michigan's commitments to equitable development and investing in Detroit's people and neighborhoods," says Antoine Bryant, director of the city's Planning & Development Department. "As more of the Michigan Central redevelopment comes online, and as more grants are rolled out in the years to come, we are going to see an incredible transformation in the Corktown and Hubbard Richard communities."

The 2022 Michigan Central/ Church Street Community Impact Fund grants totaled $42,070. The recipients are:

• Mexicantown Community Development Corporation – $9,760 for training Latinx individuals with employable skills and providing on-the-job experience in the food industry

• Spread Art, Inc., fiscally sponsored by Arts & Scraps – $10,000 for an artist residency with performances for both a neighborhood festival and a livestreamed audience

• North Corktown Neighborhood Association, fiscally sponsored by Heritage Works – $10,000 for a brick-and-metal art installation at the North Corktown Commons park

• Train Station Neighbors Block Club, fiscally sponsored by Detroit Hispanic Development Corporation – $6,310 for a weekly street hockey game for youth in a local park

• United Community Housing Coalition – $6,000 for increasing tenant participation in housing council meetings at Clement Kern Gardens in Corktown Visit cfsem.org/michigan-central for more information on next year's round of funding.

Hope for the Holidays

On Tuesday, December 20th, Forgotten Harvest, in partnership with the Kroger Co. of Michigan, distributed food packages to families in need out of an "On the Go" mobile panty set up at the Patton Recreation Center in Southwest Detroit. In all, Forgotten Harvest provided over 6,500 holiday-themed meals to Metro Detroit community members just in time for the holidays.

For the one in six people in metro Detroit with no access to fresh, healthy food options, "Hope for the Holidays" provided a mix of fresh and foods such as chicken, onions, sweet potatoes, milk, sour cream, eggs, butter, canned corn, canned green beans, canned tuna, peanut butter, Campbell's soup, brownie mix, and other holiday staples. Every "Hope for the Holidays" box included a recipe card to make two-holiday dishes.

For more information, visit: www.forgottenharvest.org/

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Keep your pets warm and safe by following these helpful tips:

- If the weather is too cold for a human, then it's too severe for a pet
- Dogs left outside should have draft-free shelter large enough to stand and turn around in, yet small enough to retain body heat. Use bedding material to help insulate them
- Keep your cats indoors. Cats can freeze in cold weather without shelter
- Pets who are left outside can suffer from hypothermia and frostbite. Ensure their paws don't have any ice or salt on them. Check in between toes for snowballs and ice
- Be prepared! Have an emergency plan and make sure it includes your pets! Have an emergency kit with enough food, water and medication to last your pets at least five days

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Hamburger and Potato Casserole

Ingredients

- 1 pound ground beef (hamburger)
- 2 cloves garlic minced
- 2 large russet potatoes peeled and sliced thin (about 3-4 cups)
- 10.75 ounce can cream of mushroom soup condensed
- 1 yellow onion chopped (about 1/2 cup)
- 3/4 cup milk
- 2 cups shredded sharp cheddar cheese divided

Directions

Ready In:
1 hour and 35 minutes

Step 1 -
Preheat oven to 350F.

Step 2 -
In a medium skillet over medium heat, start browning the beef. Add the minced garlic and the onions to the skillet and continue to cook and stir until the beef is browned. Drain excess fat, if applicable.

Step 3 -
In a mixing bowl, combine the cream of mushroom soup with the milk and 1 cup of the shredded cheese.

Step 4 -
Lightly spray a 2-quart (11x7 inch) baking dish with cooking spray. Make a layer of half the potatoes, then half the soup mixture and half the meat. Repeat layers with the remaining potatoes, soup and meat.

Step 5 -
Cover the baking dish with foil and bake for one hour, covered.

Step 6 -
Remove from oven, remove the foil and add a layer of shredded cheese. Return to the oven and bake 15-20 minutes, uncovered. Test the potatoes for "doneness" with a knife. Potatoes should be tender and cheese on top fully melted.

Step 7 -
Remove from oven and rest for 10-15 minutes before serving.

Tuna Apple Salad

Ingredients

- 1 can of tuna chunks in olive oil
- 1/4 yellow onion
- 1 kosher dill pickle spear
- 1/2 small gala apple
- 1 tbsp mayonnaise
- Salt
- Pepper

Directions

Ready In:
10 minutes

Step 1 -
Drain the oil from the tuna and add to a bowl.

Step 2 -
Small dice the onion and cut the apple and pickle in chunks. Add these to the bowl with the tuna as well.

Step 3 -
Add the mayonnaise to the bowl and mix all ingredients.

Step 4 -
Season with salt and pepper to your liking.

Step 5 -
Serve on bread or crackers.

Creamy Alfredo Casserole

Ingredients

- 1 (6-ounce) package fresh baby spinach, chopped
- 1/3 cup refrigerated pesto sauce
- 1 (15-ounce) jar Alfredo sauce
- 1/4 cup chicken broth
- 12 ounces penne pasta, cooked according to the package directions
- 2 1/2 cups rotisserie chicken, chopped
- 4 ounces low-moisture part-skim mozzarella cheese, shredded
- 2 tablespoons fresh basil, thinly sliced
- 1/4 teaspoon paprika

Directions

Ready In:
50 minutes

Step 1 -
Preheat the oven to 375 degrees F.

Step 2 -
Lightly grease an 11x7-inch baking dish.

Step 3 -
In a medium bowl, toss the spinach and the pesto together.

Step 4 -
In another bowl, stir the Alfredo sauce and the chicken broth together.

Step 5 -
Spread 1/3 of the Alfredo mixture into the bottom of the prepared baking dish.

Step 6 -
Top the sauce with the spinach mixture.

Step 7 -
In a third bowl, stir the cooked pasta, the chicken, and the remaining Alfredo mixture together.

Step 8 -
Spoon 1/2 of the chicken mixture over the spinach mixture.

Step 9 -
Repeat the layers once.

Step 10 -
Bake for 30 minutes.

Step 11 -
Transfer the casserole from the oven and sprinkle with the cheese.

Step 12 -
Bake until the casserole is hot and bubbly, about 5 minutes.

Step 13 -
Top with the basil and the paprika.

Step 14 -
Serve.

ENTRETE

Jeremy Renner, estrella de Marvel, tuvo un accidente en la nieve y así está de salud

(Telemundo) En este Año Nuevo 2023 no todo fue felicidad y festejos, ya que las tormentas de nieve que azotan gran parte de Estados Unidos continúan haciendo 'de las suyas', y de sus estragos ni las súper estrellas pueden escapar, tal es el caso del actor Jeremy Renner, quien se encuentra en "estado crítico" luego de tener un accidente en su hogar mientras limpiaba la nieve.

Según informes de sitios como 'The Hollywood Reporter' y 'Vanity Fair', el histrión que interpretó a los personajes Hawkeye y Clint Barton en 'Avengers', se accidentó este 1 de enero. Derivado del percance, Jeremy Renner se encuentra "en estado crítico, pero estable".

A través de un boletín, su representante pormenorizó, "Podemos confirmar que Jeremy se encuentra en estado crítico, pero estable con las lesiones sufridas después de un accidente relacionado con el clima mientras quitaba la nieve hoy".

En este comunicado recién difundido se aclara que, "Su familia está con él y está recibiendo una atención excelente", hecho que aventura el dos veces nominado al Oscar será capaz de salir avante de esta encrucijada de la vida. No obstante, solo el tiempo podrá confirmar la estabilización de su salud.

Desde hace años, el actor reside en Washoe County, Reno, en Nevada, sitio que el medio local 'Reno Gazette Journal' informó este Año Nuevo se vio altamente afectado por las tormentas de hielo.

En tanto, si bien 'Vanity Fair' no ha confirmado que el accidente haya ocurrido en su mansión, 'The Hollywood Reporter' aseveró que la mañana de este 1 de enero el Condado de Reno recibió una llamada del vecindario de Washoe County para pedir ayuda, y que ésta provenía de la casa de Renner.

"A su llegada, los agentes se coordinaron con el Distrito de Protección contra Incendios de Truckee Meadows y REMSA Health para organizar el transporte médico del señor Jeremy Renner, a través de un vuelo de atención a un hospital del área local", precisaron.

El invierno es una época que potencializa los accidentes. Cabe recordar que, en enero de 2022, Gaspard Ulliel protagonista de 'Moon Knight', miniserie de Marvel, murió esquiando en Los Alpes al ser arrollado por una avalancha. El modelo y actor tenía 37 años; su deceso

fue lamentado incluso por el primer ministro de su país Jean Castex, que expresó "A partir de este momento, veremos con el corazón en la mano sus más bellas actuaciones y su particular mirada. Hemos perdido a un actor francés".

Muere Fred White, baterista de la banda Earth, Wind & Fire

(Telemundo) El inicio del 2023 se ha visto ensombrecido por las muertes que se han reportado en los últimos días, tal fue el caso de la cantante Anita Pointer, quien fue integrante de la banda The Pointer Sisters, o el fallecimiento del músico Jeremiah Green, baterista de Modest Mouse. Sin embargo, este 2 de enero, se dio a conocer que murió Fred White, de 67 años y baterista de la emblemática banda Earth, Wind & Fire.

Así, la industria de la música volvió a enlutar por la muerte de Fred White, quien fue uno de los primeros miembros de esta la banda EWF, pues se unió a esta en 1974 cuando solo tenía 19 años. Cabe mencionar que no es la primera vez que los músicos de la agrupación pasan por este tipo de situaciones, pues en febrero del 2016, Maurice White perdió la vida.

El hermano de Fred White, Verdine, fue quien compartió la triste noticia del fallecimiento del baterista, señalando que todo ocurrió el domingo 1 de enero, aunque las causas de la muerte no quedaron claras, según la publicación que posteó en su cuenta de Instagram.

"Querida familia, amigos y fans. Nuestra familia está triste hoy con la pérdida de un miembro increíble y talentoso de la familia. Nuestro querido hermano Frederick Eugene 'Freddie' White", comenzó el mensaje de Verdine White. "¡Se une a nuestros hermanos Maurice, Monte y Ronald en el cielo y ahora está tocando la batería con los ángeles!".

"¡Protegido infantil, miembro de la EWF ORIGINAL 9, con discos de oro a la temprana edad de 16 años! Era el hermano número 4 en la alineación familiar", recordó Verdine y luego resaltó su personalidad auténtica que tenía con su querida familia.

"¡Pero más que eso en casa y más allá era el hermano maravilloso que siempre fue entretenido y deliciosamente travieso! Siempre pudimos contar con él para hacer una situación aparentemente mala más ligera", sentenció el músico sobre su hermano.

"¡Vivirá en nuestros corazones por siempre, descansa en el poder amado Freddie! Les damos las gracias a todos por su cariño, bendiciones y apoyo en este momento. Vuela alto hermanito, te queremos hasta el brillo ¡y de vuelta!", finalizó el mensaje de despedida del famoso músico.

En tanto, en la cuenta oficial de la banda Earth, Wind &

Fire se compartió un video de Fred White tocando la batería en un concierto y recibiendo los aplausos del público. La grabación fue compartida con el texto, "En memoria de: Fred White, 1955-2022. Visto aquí solo durante nuestra actuación de Runnin', durante nuestro Tour por el Mundo en 1979, en Rockpalast en Essen, Alemania. Descansa en amor".

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ENTRETENIMIENTO

Sara Bareilles y el actor Joe Tippett se comprometen y ella presume de su anillo

(Telemundo) Los primeros días del 2023 han sido escenarios para noticias malas, como la muerte del baterista Jeremiah Green a consecuencia del cáncer, pero también fue recibido por noticias positivas y, Sara Bareilles y el actor Joe Tippett fueron protagonistas de una buena nueva al anunciar que se han comprometido.

Mientras Ireland Baldwin mencionaba en Nochevieja que está esperando a su primer bebé, la cantante de 'Brave' y 'Tippett' dieron a conocer durante estos primeros días que el romance que mantienen está más fuerte que nunca, pues él le propuso matrimonio y ella, sin dudarlo, aceptó.

Fue por medio de su cuenta de Instagram que la famosa compartió una foto de ella con el actor, sonriéndose el uno al otro, para revelar que su amor es tan profundo que ahora han decidido unir sus vidas para siempre.

Así, mientras Bareilles tomaba la selfie con una mano, la otra la utilizó para recargar su rostro y presumir del anillo de compromiso que había recibido de su futuro esposo, Joe Tippett. En la foto se alcanza a ver que la pieza de joyería es color dorado y simula una hoja de vegetación.

La bella postal fue acompañada con un dulce mensaje en el que enaltecía la personalidad de su pareja, "Sí a casarse con este hombre. Es un SÍ fácil, ganado y relajado", comenzó con su texto lleno de amor y alegría.

"@joetipps eres exactamente a quien quiero. Cuanto más te conozco más sé que te amo... y me has presentado partes de mí que tenía miedo de amar", continuaba con su mensaje. "Y ahora me amo más gracias a tí. Así que, realmente todo esto se trata de mí. Solo bromeaba", mencionó.

"Qué regalo eres. Que comiencen los juegos. Adelante hacia absolutamente todo contigo", finalizó su texto no

sin antes agregar dos emojis de corazones rojos. Los comentarios de felicitación por parte de sus amigos, familia y fans no se hicieron esperar y, en solo un día, han logrado sumar más de 149.000 mil likes.

Por su parte, el actor también quiso compartir la noticia en su propia cuenta de Instagram, sin embargo, él lo hizo con una foto en la que aparece la cantante sola, mirando hacia el cielo y una ligera sonrisa. "Me voy a casar con esta mujer. Mirando hacia delante todos los mañanas, todas las aventuras, las risas y todo el amor. Gracias mi corazón", expresó el actor enamorado.

De acuerdo con 'People', Bareilles y Tippett se conocieron en agosto del 2015 cuando coincidieron en la adaptación musical de la película 'Waitress' (2007) en el American Repertory Theatre en Cambridge, Massachusetts. En este proyecto, la cantante se encargó de escribir la partitura del musical, y Tippett dio vida al personaje de Earl, esposo de la protagonista Jenna Hunterson.

Ireland Baldwin anuncia estar embarazada con el músico RAC, debutará como mamá en 2023

(Telemundo) Quienes se ha popularizado por su extensa familia es el actor Alec Baldwin y su esposa Hilaria, quien dio que solo "el tiempo dirá" si tendrán a su octavo o más hijos. Sin embargo, el famoso ha comenzado el año con una magnífica noticia, pues su hija mayor, Ireland Baldwin, anunció estar embarazada del músico RAC.

La vida comienza a dar una nueva cara a Alec Baldwin tras el accidente que tuvo en la filmación de 'Rust', donde disparó accidentalmente a Halyna Hutchis, la directora de fotografía que perdió la vida por el impacto que recibió.

Con esta tragedia y al llegar un acuerdo con la familia de Halyna Hutchis, se convirtió en padre por séptima ocasión con su actual esposa, Hilaria. Así, las bendiciones poco a poco están llegando a su vida y, este 2023, no será la excepción la buena nueva que informó su hija Ireland Baldwin, a quien tuvo con su exesposa Kim Basinger.

El pasado 31 de diciembre, en la Nochevieja, Iraland, de 27 años, compartió una foto en su cuenta de Instagram presumiendo de su ecografía. La publicación fue subtitulada con la foto "Feliz año nuevo" y los mensajes de felicitación por parte de sus amigos no tardaron en llegar.

Incluso, Rumer Willis, quien a semanas de terminar el año informó que también se convertirá en mamá, dando el primer nieto a sus padres, Bruce Willis y su exesposa Demi Moore, escribió lo emocionada que estaba de su amiga. "Yay, no puedo esperar para conocerte, pequeño".

Por otra parte, el representante de Ireland, David Todd, mencionó al medio 'E! News' lo feliz que estaba con el embarazo de la joven. "¡Qué manera tan

mágica de comenzar el nuevo año! ¡No podría estar más emocionado por ambos! ¡Ireland será una mamá increíble!", sentenció.

A través de las Stories de Instagram, Ireland ha compartido en los últimos días parte del proceso de su embarazo, dejando en claro que ha tenido numerosos antojos, pero también náuseas, pues publicó una foto en la que se muestra estar sentada frente a la taza de baño y con el mensaje "Si no te he respondido, RE goodtimes, proyectos, consultas, respondiendo en general... es porque así fui yo en el pasado. No te estoy ignorando".

unque, también bromeó con un comentario que un usuario dejó en su publicación de la ecografía, pues había escrito en respuesta al mensaje de Rumer, "@rumerwillis es un perro", así que Ireland posteó una foto de su prueba de embarazo con el resultado positivo, señalando, "No es un perro jajaja".

Lions - 41
Bears - 10 !!!

EL CENTRAL
HISPANIC NEWS
SPORTS
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Sports Editor: Dan Graschuck/ EL CENTRAL

The Detroit Lions, held their final home game of the season, this past Sunday. The Detroit Lions hosted the Chicago Bears, in front of 66,169 fans. The Lions took down the Bears 41 - 10, to stay in the hunt for a playoff spot. The Lions go on the road for their final game of the season, on January 8th, at 8:20 pm (NBC), as they take on the Green Bay Packers, at Lambeau Field. The Detroit Lions and Green Bay Packers both are in the hunt for a playoff spot and it comes down to this game and also the Seattle Seahawks game this Sunday. Possible scenarios for Sunday, for a playoff spot, if the Seahawks win, the Seahawks make the playoffs and the Lions are out of the playoff hunt. If the Seahawks lose and the Lions win, then the Lions make the playoffs. If the Seahawks win and the Packers win, then the Packers make the playoffs. Photos by: Mike Alberts/ EL CENTRAL, unless otherwise noted

Photos below are highlights from the Detroit Lions and Chicago Bears

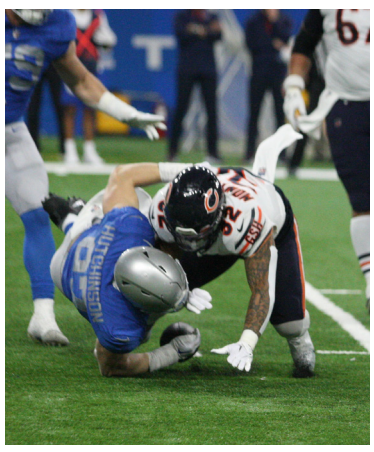
Detroit Lions TE #89 Brock Wright scoring one of his two TDs. Wright had 3 receptions for 13 yards with 2 TDs

Chicago Bears QB #1 Justin Fields making a run against Lions defense. Fields was 7 for 21 for 75 yards with 1 TD and 1 INT, he also had 10 carries for 132 yards

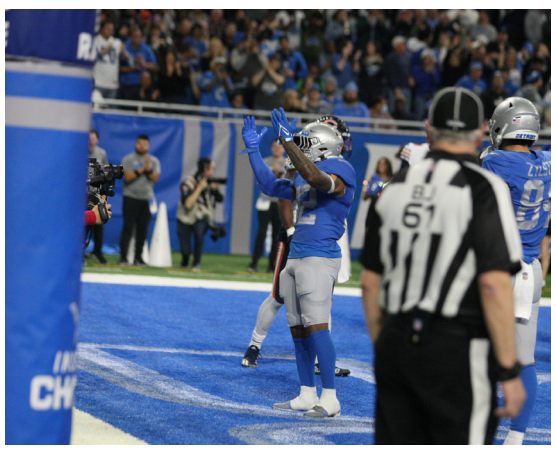
Detroit Lions QB #16 Jared Goff getting ready to hand the ball off. Goff was 21 for 29 for 255 yards with 3 TDs

Detroit Lions LB #44 Malcolm Rodriguez and DL #59 James Houston tackle Bears QB #1 Justin Fields and force a fumble, recovered by the Lions. Houston and Hutchinson are both tied with 7.5 sacks for the Lions

Detroit Lions RB #30 Jamaal Williams scoring a TD. Williams had 22 carries for 144 yards with 1 TD and 1 reception for 13 yards



Detroit Lions DL #97 Aidan Hutchinson recovering a fumble. Hutchinson has 7.5 sacks in the season along with 3 INTs



Detroit Lions RB #32 D'Andre Swift scoring one of his two TDs. Swift had 11 carries for 78 yards with 1 TD and 4 receptions for 39 yards with 1 TD

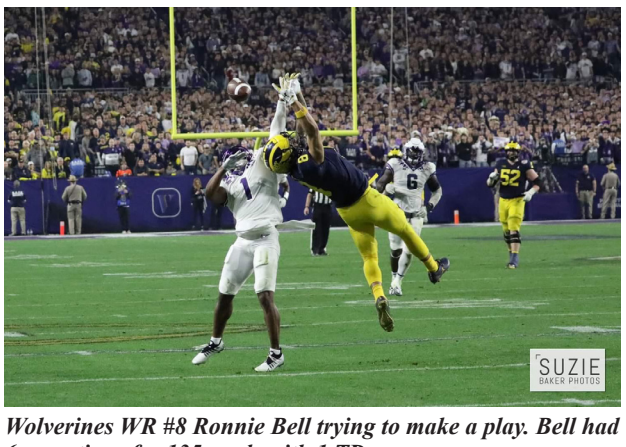
Heartbreaking Playoff Loss !!!

The University of Michigan Wolverines played TCU Horned Frogs, this past Saturday, in the Fiesta Bowl. TCU defeated the Wolverines 51 - 45. The TCU Horned Frogs will play in the National Championship game, on Monday, January 9th (ESPN), against the Georgia Bulldogs. Photos provided by: Suzie Baker/ Media News Group

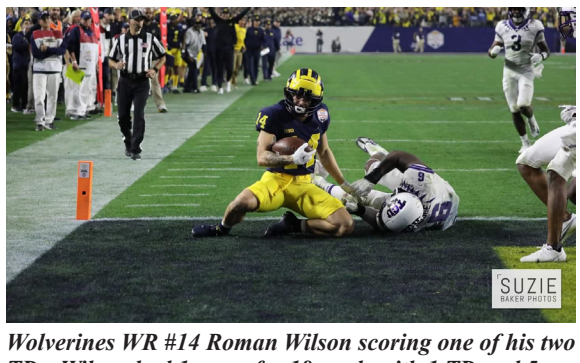
Photos below are highlights from the University of Michigan Wolverines vs. TCU Horned Frogs

(L) TCU Horned Frogs head coach Sonny Dykes and (R) University of Michigan Wolverines head coach Jim Harbaugh during pre-game press conference, with Fiesta Bowl/ Semi-Final Championship trophy

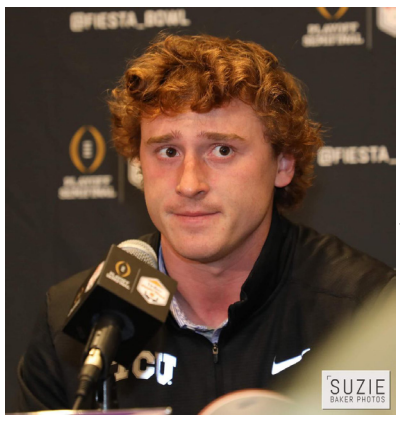
Wolverines RB #7 Donovan Edwards trying to break away from TCU defense. Edwards had 23 carries for 119 yards and 1 reception for 8 yards



Wolverines WR #8 Ronnie Bell trying to make a play. Bell had 6 receptions for 135 yards with 1 TD



Wolverines WR #14 Roman Wilson scoring one of his two TDs. Wilson had 1 carry for 18 yards with 1 TD and 5 receptions for 104 yards with 1 TD



TCU QB #15 Max Duggan talking to press during pre-game. Duggan was 14 for 29 for 225 yards with 2 TDs and 2 INT and also had 15 carries for 57 yards with 2 TDs

REFLECTIONS ON THE PASSAGE OF TIME

EL CENTRAL HISPANIC NEWS
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David Levine
EL CENTRAL

Normally, the end of the year is a good opportunity to review what has happened over the previous twelve months, wins and losses, cups and tournaments. This year, perhaps, it's time to look at a different measure of time. During the fall of 1992, I joined a small, but growing group of volunteers staffing an office in downtown Pontiac. We had been recruited by various contacts within the local soccer community to join the preparations for hosting the 1994 World Cup. The now demolished Pontiac Silverdome was selected as the most unique venue FIFA had ever used. We were answering phones, stuffing envelopes, and generally helping lay the groundwork for what would become a huge operation to stage four group phase matches at an indoor stadium with a grass field.

At some point in late November, a phone call came in from a fledgling news organization looking for information regarding which teams were going to play at the Silverdome. At that point, the Internet had yet to take over and finding information on soccer beyond our borders was challenging. One of the venue directors called me in, knowing that I followed the game as globally as possible and asked if I could help out. That was my introduction to El Central. The venue directors made it clear that what went on in our office was off limits. That was fine with me. Spreading the word about the Beautiful Game appealed to me in every way.

In those early days before the Internet, email, social media, and being able to watch television in the palm of one's hand, there were few sources of scores, analysis, and live broadcasts. To get what I needed, wanted, to put into El Central required what would be called "old school" nowadays. I had a short wave radio on which I could pick up the BBC World Service. I had subscriptions to World Soccer from the UK and Soccer America, based in the Bay Area. To see live games, in a country without a pro league or a network dedicated to the sport, required finding a bar or club with satellite television. Many people will remember the Commonwealth Club. It showed English league games and the England team's international games. To cover the United States national team required travel. Only on very rare occasions did the USA come to Michigan. As a volunteer for both the World Cup organizing committee and El Central, any travel was all self-paid. That seems prehistoric now, except for the self-paid travel.

If that all sounds archaic to twenty-first century life, submitting articles back then required some ingenuity, too. It was impossible to find the time to drive to the office on West Vernor each week from where I lived in the northern suburbs. My father graciously agreed to fax my work from his office to El Central. From there, my first editor, Omar, arranged for the work to be published in both English, and after translation, in Spanish. It was quite an operation. Fortunately, email has made that much easier.

Since those early days, Dolores Sanchez has been a guiding light and exceptional leader, always encouraging me and the rest of the staff. Thanks to her and the rest of the El Central team, I have been able to do something I had dreamt about: regularly publishing written work about the game I have loved since I was a small boy. It has been thirty years since the first time something I worked on appeared in El Central. The changes over time have been amazing. This country went from hosting a World Cup without a pro league to having a pyramid of soccer with teams at all levels for both men and increasingly so for women. The USA is now preparing to host the next men's World Cup in partnership with our closest neighbors, Canada and Mexico. We even have our own team locally, Detroit City FC, which has become another pillar of the community during the last decade, inspiring the same kind of passion and loyalty as any club anywhere in the world.

The last thirty years have seen incredible change. My father used to refer to soccer as his dad's game. My grandfather came from Poland during the 1920's. For my dad's generation, it was all about picking up American sports and the American lifestyle. My first exposure to the game came at a summer camp in 1974, the year Gerd Muller and Franz Beckenbauer led West Germany to the World Cup title. My parents sent me to soccer camp as a way for me to burn off the excess energy all young boys have. At the first session, the instructor, a man from Argentina who was also a middle school director, introduced himself to the kids by juggling a ball several times in the air and then executing a perfect Chilena. It was stunning, so elegant and graceful, and inspiring. I was hooked and haven't lost my passion for the game since. I hope that over the last thirty years that I have been able to get that inspiration and passion across to all the readers of El Central. I hope I can continue to bring it to you each week for another thirty years. Thank you Dolores for giving me the opportunity.

Campeones Del Ring
"New Wrestling Show hits the airwaves" !!!

Wrestling fans young & old there's a brand new wrestling program that explores the history of professional wrestling (Lucha Libre) with in-depth discussion on the superstars of yesteryear told by Wrestling Legends "Classic" Chris Carter , AT Huck, & SW Detroit's own "Rude Boy" Rudy Hill ,Wrestling Real Talk is the show that can be seen exclusively on YouTube/Rox-TV with new episodes dropping every Monday 7:00 p.m. est. You can also find previous episodes as well, episodes that feature: " Nature Boy" Ric Flair, " American Dream" Dusty Rhodes,The Sheik, Jim Cornette and many others.

With new episodes coming soon featuring " hands of stone" Ronnie Garvin, AWA Legend Nick Bockwinkle ," handsome Half Breed" Gino Hernandez & more . Wrestling Real Talk is the latest Venture of Rox-TV a network that truly serves the wrestling community, with shows such as International Bigtime Wrestling's The Fix , Big Time memories With Hall of Famers Terry Sullivan & Dave Drason, shooting it straight with Rudy plus many other exciting wrestling specials, check out Roxtv. For the entire wrestling schedule.

- Rudy "Rude Boy" Hill

Rudy "Rude Boy" Hill (R) does interview.

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EDITORIAL OPINION

"American Christmas: My First"

By Raoul Lowery Contreras

"Considering your age, you look good, you are good as far as I can determine," she said; she, the Navy doctor who treated an entire Marine Regiment before leaving the Navy to join the staff of the huge medical network I trusted with my health.

That reminded me of what Supreme Court Justice Thurgood Marshall said when asked why he was retiring from the Court, the first Black to serve on the court looked at the reporter who asked the question: "I'm falling apart." He died shortly thereafter.

I was also reminded of that when I watched Donald J. Trump -- POTUS #45 -- tell the world that he was announcing for the Presidential election of 2024 many months before he should have. I watched this young 77 year-old man stumble through 64 minutes of baloney that was as bad a presidential campaign kick-off as any I had seen in my 82 years, over 60 of which had been in political campaigns from city council to Presidential campaigns. He was boring, he was lackadaisical; most importantly, he was uninteresting.

Trump's problem was understandable. I had had some of his same problems when I was younger. Like Trump I had been the target of an FBI investigation, a federal grand jury subpoena, an IRS audit for three years and, once, I actually invoked the Fifth Amendment because neither of my lawyers trusted the U.S. Attorney and his promises when my political activities involving the San Diego end of the Watergate cases came to life.

The difference was that I didn't take the Fifth 400 times like Trump has at least one time. My daughter has never had to take the Fifth like Trump's oldest son. And, I couldn't use battalions of lawyers to fend off investigations.

The man I watched announce for President carries many burdens on his shoulders, several of which can send him to prison for the rest of his life.

So, what do we have here? We have a man who believes he is unique, special and innocent that many think is guilty of several federal and state crimes.

In the Current (December 23) issue of New York Magazine, Olivia Nuzzi has an excellent article that strips away any veneer that Donald Trump can hide behind.

Nine times, she writes, Trump stated in 30 minutes that "I've done nothing wrong."

That self-defense is like Trump saying many times "If you're innocent why would you take the Fifth?" Then take the Fifth Amendment over 400 times. I only took it once when my attorneys recommended it. Nonetheless, it came up when I ran for public office. It was hard to explain. Imagine taking the Fifth over 400 times like Trump did. Even his "Fredo-like" son Eric took the Fifth Amendment in a civil case deposition. "Fredo" by the way was "The Godfather's" dumb son.

Burdens -- crushing grand juries, then, are Trump's Achilles Heel. At least three grand juries, one in Georgia and a federal one in Washington, D.C. and another state one in Manhattan are working to issue indictments.

When indictments come down, the real reasons his announcement for a 2024 presidential campaign were so uninteresting, boring and passionless were and are simple: he actually thinks Americans will rise in protest and cause the federal government or two state governments to back off and let him live without ankle bracelets, house arrest and/or prison. Or maybe not.

Trump's declining popularity indicates the rats are abandoning a sinking ship while they can. Most of the charges being discussed after the Congressional Select Committee's four criminal referrals issued to the Department of Justice will be joined by several more from an Atlanta Grand Jury and more that could follow his own company being found guilty by a New York jury against who? Against Trump himself.

The huge legal boulder Trump (AKA Sisyphus) is trying to push up a hill is getting larger and heavier; so large and heavy it looks like Trump cannot handle it by saying over and over, "I've done nothing wrong."

Opinions in this article are not necessarily those of the Publisher or Editor

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Inspiring Quote of the Week !!!

"Don't be nervous. Work calmly, joyously, recklessly on whatever is in hand."

- Henry Miller

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Accounting AidSociety SINCE 1972

No-cost training for the 2023 tax season is coming December 6th. Here are a few things you can do to get ready for training and the upcoming tax season:

1 **FILL OUT A VOLUNTEER INTEREST FORM**
Our volunteer program manager will reach out to you after receiving your response.

2 **ATTEND A Q&A INFO SESSION**
Choose a date to attend, where you will learn more about the work we do and how you will make it possible as a volunteer tax preparer.

3 **CREATE AN ACCOUNT IN CERVIS**
Once training is available, you will be notified and will be able to sign up through your account.

4 **SAVE THE DATE**
Mark your calendar for a kick-off breakfast on Saturday, December 4th. We're excited to meet you! More details to come.

5 **START MAKING A DIFFERENCE**
Once your training is complete, sign up for volunteer shifts at one of our 20+ locations, opening January 21, 2023.

Scan the QR code to learn more, or visit accountingaidsociety.org/volunteers.

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The DWSD Lifeline Plan provides income-eligible enrolled Detroiters up to 4,500 gallons of water (equivalent to 6 CCF) every month at a fixed rate based on their household income.

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$43 Your monthly water, sewer & drainage bill if household income is **above 135% of FPL but at or below 150% of FPL**

$56 Your monthly water, sewer & drainage bill if household income is **above 150% of FPL but at or below 200% of FPL**

If water usage exceeds 4,500 gallons (equivalent to 6 CCF) per month, the household will be charged for the additional usage based on DWSD's new inclining block rate structure.

WHO IS ELIGIBLE?

Income-eligible Detroit households include:

- The 2,500 households currently enrolled in WRAP will be auto-enrolled in DWSD'S Lifeline Plan
  - The 19,000-plus households who were previously in WRAP can immediately qualify and will be contacted by Wayne Metropolitan Community Action Agency
- Low-income-eligible households
- Households receiving SNAP/FAP benefits.

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Wayne Metropolitan Community Action Agency

Salud/*Health*

How To Choose the Best Weight Loss Plan for Your 2023 Goals

(StatePoint) It's that time of year again when many Americans make the resolution to lose weight and start a healthier routine. This year in particular, with the pandemic largely behind us, many Americans will once again focus on their health.

In fact, 64% of Americans are motivated to lose weight because they know it has an impact on their immunity, according to a recent poll of 2,000 U.S. adults aged 30 and above. And 61% also now realize that a healthy diet and lifestyle can better protect their long-term health.

So what should you look for when it comes to a weight loss plan? Courtney McCormick, MPH, RDN, LDN, corporate dietitian at Nutrisystem, offers these tips to help you choose a program that's right for you.

Keep it Simple: Let's face it, in our crazy busy world, we have to make hundreds of decisions a day, often at lightning speed. You shouldn't have to worry about counting points or measuring foods. Look for a plan that's easy and convenient, and does the work for you.

Focus on Protein: Protein is an essential part of a healthy lifestyle and a key to weight loss. Protein helps with satiety, so it's important to include some in each meal and snack. Look for plans with high-protein options, like Nutrisystem's new premium meals, which include up to 30 grams in each meal and keep you full for up to five hours.

Look for Value: As prices continue to rise at grocery stores nationwide, many people are struggling to find affordable options that can help them eat healthier and lose weight. However, those options do exist. Look for plans that are cost-effective and deliver the majority of meals right to your door.

Don't Give Up Your Favorite Meals: Look for a plan that lets you eat your favorite foods. Losing weight doesn't have to mean giving up the things you love. Weight loss plans like Nutrisystem offer comfort foods made healthier that are perfectly portioned so you can enjoy them without any guilt. Plus, the plan also offers dessert for those who have a sweet tooth.

Seek Support: Achieving the goals you've set for yourself is so much easier when you have a

support system. The best people to have on your team when you're trying to lose excess weight are those who sit down at daily meals with you. Even better, your chances of reaching and maintaining your weight loss goal increase dramatically if another person in your household joins you on the journey. Look for plans that offer options for both you and your partner to get healthier together.

For more great information and other ideas to help fuel your success this year, visit leaf.nutrisystem.com.

Remember, your weight loss goals will be more than achievable this year if you follow the right plan for you. Look for a program designed to help you succeed.

10 resoluciones de salud que los médicos le animan a hacer hoy mismo

(StatePoint) El Año Nuevo representa un nuevo comienzo y es el momento perfecto para invertir en su salud. Sin embargo, quizás no esté seguro de qué resoluciones tendrán el mayor impacto. Los médicos dicen que las acciones fáciles y tangibles que usted emprende son algunas de las más importantes.

"Muchas personas enfrentan el comienzo de cada nuevo año con resoluciones de salud generales", dice Jack Resneck, Jr., M.D., presidente de la American Medical Association (AMA). "La buena noticia es que las decisiones de salud pequeñas y positivas tomadas en este momento pueden tener efectos duraderos".

¿Quiere empezar hoy mismo? Aquí tiene las 10 resoluciones que la AMA recomienda que encabecen su lista este año:

1. El ejercicio es esencial para su salud física y mental, así que póngase en movimiento hoy mismo. Una buena regla general para los adultos son al menos 150 minutos a la semana de actividad de intensidad moderada, o 75 minutos a la semana de actividad de intensidad vigorosa.

2. La vacunación es la mejor protección contra varias enfermedades graves. Para protegerse y proteger a su familia, todas las personas mayores de 6 meses deben ponerse al día con sus vacunas, lo que incluye la vacuna anual contra la gripe y la vacuna COVID-19. Su médico puede informarle si debe recibir un refuerzo para la COVID. Si tiene preguntas, hable con su médico y revise recursos confiables, entre ellos getvaccineanswers.org.

3. Hágase la prueba. Las estimaciones basadas en modelos estadísticos muestran que es posible que desde abril de 2020 se hayan omitido millones de exámenes de detección de cáncer de mama, colorrectal y próstata debido a interrupciones de la atención relacionadas con la pandemia. Consulte a su médico. Si tiene previsto recibir atención preventiva, análisis o exámenes de detección, haga una cita. Estas medidas están diseñadas para mantenerle saludable y para ayudar a garantizar que su médico descubra ciertas afecciones antes de que se vuelvan más graves.

4. La presión arterial alta, también conocida como hipertensión, puede aumentar el riesgo de ataque cardíaco o accidente cerebrovascular, y afecta a millones de estadounidenses. Visite ManageYourBP.org para comprender qué significan sus números de presión arterial y qué puede hacer para controlarla.

5. Uno de cada 3 adultos estadounidenses tiene prediabetes, una afección que puede conducir a la diabetes tipo 2 si no se controla. Sin embargo, hay pasos a dar que pueden ayudar a retrasar o incluso prevenir la aparición de la diabetes tipo 2. Conozca su riesgo haciendo una sencilla prueba de autoevaluación de 2 minutos en DoIHavePrediabetes.org. Este recurso también presenta consejos útiles sobre el estilo de vida que pueden ayudarlo a revertir la prediabetes.

6. Siempre que sea posible, beba agua en lugar de bebidas endulzadas con azúcar y reemplace los alimentos procesados, especialmente aquellos con sodio y azúcar agregados, con alimentos nutritivos e integrales, como frutas, verduras, granos integrales, nueces, hierbas y especias.

7. Si consume alcohol, beba solo con moderación. Las Pautas Dietéticas de los EE.UU. para los Estadounidenses definen esto como hasta una bebida por día para las mujeres y dos bebidas por día para los hombres, y solo en el caso de adultos con edad legal para beber.

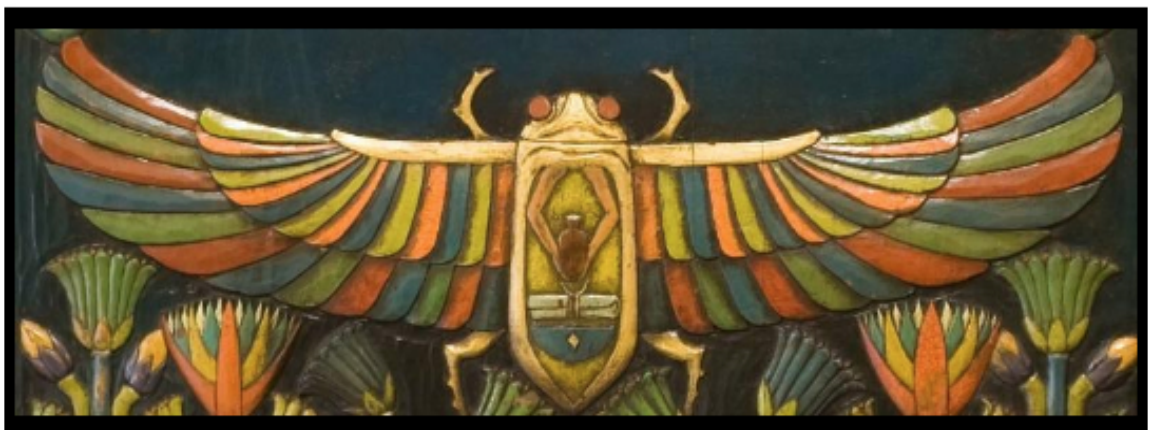
8. Hable con su médico o profesional de la salud acerca de dejar el consumo de tabaco y nicotina. Declare su hogar y automóvil libres de humo para eliminar la exposición al humo de segunda mano.

9. Siga las instrucciones de su médico cuando tome medicamentos recetados, especialmente opioides. Siempre guarde y deseche estos medicamentos de manera segura a fin de evitar su uso indebido. Siempre que le receten antibióticos,

tómelos exactamente como se le indique. No tomar el curso completo puede llevar a resistencia a los antibióticos, un grave problema de salud pública, y no lo harán sentirse mejor si tiene un virus, como un resfriado o gripe.

10. Invierta en su salud mental controlando el estrés, durmiendo lo suficiente, haciendo ejercicio y buscando ayuda de un profesional de la salud mental cuando la necesite.

Si no tiene seguro de salud, la AMA lo anima a inscribirse para obtener cobertura en healthcare.gov, que tiene opciones nuevas y asequibles. La fecha límite de inscripción para la cobertura de 2023 es el 15 de enero de 2023. Encuentre más recursos de salud en ama-assn.org. Para un 2023 saludable y más allá, invierta en su bienestar con estas resoluciones de Año Nuevo recomendadas por los médicos.



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Curated by Inside Southwest Detroit

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View more information about The Archivist partners

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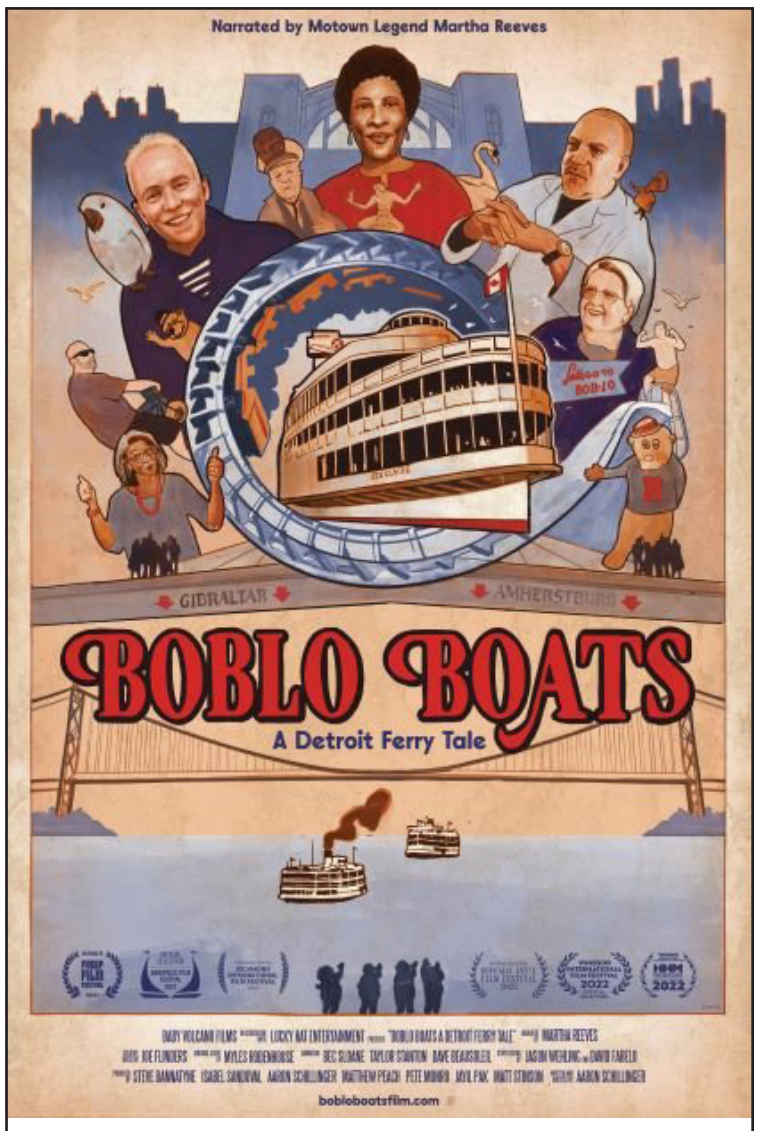

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